

Tarheel Health Watch

Rockfish News by Polly Barnard

Circle #4 of Galatia Presbyterian Church held their monthly meeting at the home of Mrs. Gillis Ray Tuesday morning May 11th with eleven members present with Circle chairman Mrs. Lydia Johnson presiding. Mrs. Herman Koonce led the Bible study. After the meeting adjourned the hostess served refreshments and a social hour was enjoyed.

Mrs. David Gibson was on the sick list last week but is feeling much better at this report.

Billy Dees who was hospitalized in Fairfax, Virginia while visiting there has been removed from the intensive care unit.

Milton Newton is a patient at Cape Fear Valley Hospital in Fayetteville.

Buie Dove of Cheraw, South Carolina visited his sister, Mrs. Lawrence Barnard and Mr. Barnard several days last week.

Mrs. Catherine Harrington of Virginia is visiting Mr. and Mrs. Malcolm D. Gillis Jr. and Mrs. Malcolm D. Gillis, Sr. of the Galatia community.

Jay McKethan of the Galatia community had surgery at Chapel Hill last week and is recuperating at home.

Mrs. Marie Fowler and daughter Cathy attended the graduation of Mrs. Carol Durham of Chapel Hill the past weekend.

Mr. and Mrs. Fred Wood and son Timothy of Greenville, North Carolina spent the past weekend with Mr. Woods' mother, Mrs. Martin L. Wood, Sr. and also visited his brother, M.L. Wood, Jr. who was in Highsmith-Rainey Memorial Hospital in Fayetteville.

Rev. Mack Musselwhite of Pittman Grove Baptist Church attended a meeting several days last week at Ridgecrest, North Carolina.

James Turner of Fayetteville spent several days last week with his grandparents, Mr. and Mrs. Bruce Turner, Sr.

Mrs. Bernice Bostic visited Mrs. Elizabeth Meyers of Raleigh recently.

Pittman Grove Baptist Church Softball Team played New Hope Baptist Church of Fayetteville the past Monday night with a score of 9 to 3 in favor of New Hope. Coach Larry Chason stated they were up against the best team in Fayetteville and that the boys played a good game regardless of the score.

Mrs. Charles Chason has been admitted to Highsmith-Rainey Memorial Hospital in Fayetteville.

Little Autumn Coley, granddaughter of Mr. and Mrs. William Campbell was sick last week.

Michelle Campbell, daughter of Mr. and Mrs. William Campbell was out of kindergarten last week with a throat infection. She is better at this report. However, she had the misfortune of spraining her foot severely over the weekend and was out of school Monday.

Mrs. Ethel Monroe was not getting along so well last week but at this report she states she is feeling better.

Mrs. Tanna Sakobie and son, Justen of Hope Mills and Buie Dove of Cheraw, South Carolina had dinner with Mr. and Mrs. Lawrence Barnard Thursday evening of last week.

Mr. and Mrs. William Campbell and family visited Mr. Campbell's mother, Mrs. Gaither Campbell of High Point last Sunday.

M.L. Wood, Jr. was released from the hospital the past Monday and is convalescing at home.

Mrs. Annie Leeton is recuperating at home from injuries she received in an automobile accident last week.

Mr. and Mrs. Lawrence Barnard visited Mrs. Gordon Barnard who is a patient in Chesterfield Memorial Hospital in Cheraw, South Carolina the past Sunday. They also had dinner with Mr. and Mrs. Buie Dove and family of Cheraw Sunday evening.

There was good attendance at the Birthday Objective program of the Women of the Church at Galatia Presbyterian Church the past Sunday evening.

Will Monroe was sick last week but has improved as of this report. Everyone hopes you will soon be well. "Mr. Will!"

Tabernacle Baptist Church has recently organized a softball team and played their third game which was against Village Drive Baptist Church in Fayetteville the past Monday night. Coach "Chuck" Frazier says the boys are playing well for a new team and feels that they have a good future.

Like all other living expenses, the price of medical care continues to rise.

But there are still a number of ways families can stretch their health care dollars.

HAVE A FAMILY DOCTOR. The doctor will keep a permanent record of your medical history which may save duplicating many expensive and time-consuming tests.

DON'T WAIT TOO LONG.

Many people try to save money on medical bills by not seeing the doctor until they are seriously ill. This not only defeats the purpose of preventive medicine, but it is more expensive in the long run.

HAVE REGULAR CHECKUPS If you are past 35, a complete health evaluation is a good idea. Early detection obviously offers a better chance to control and cure disease.

GO TO THE DOCTOR'S OF-

FICE. Hospital emergency room visits are more expensive and less efficient than office visits.

USE THE TELEPHONE. A family doctor who has examined you regularly is familiar with your health history. Your physician can sometimes advise you over the telephone about minor health problems.

FOLLOW YOUR DOCTOR'S ORDERS. If you refuse to follow the expert advice you solicit and

pay for, you are throwing your money away.

BUY HEALTH INSURANCE. Today, more than 183 million Americans are protected by some form of private health insurance. It is a hedge against the shattering effects that prolonged illness can have on family finances.

CHECK YOUR ELIGIBILITY FOR MEDICARE. For persons over age 65, the Medicare program provides protection against the cost of illness.

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\$11⁹⁷

CAN OPENER

Can opener with knife sharpener. Comes in white, almond and harvest.



\$16⁸⁸

SILVERSTONE COOKWARE

1 qt. covered saucepan, 2 qt. covered saucepan, and 10 in. saucepan all with heat proof handles and trim.



\$19⁹⁷

MR. COFFEE

COFFEEMAKER

Automatic 10-cup Mr. Coffee. Automatically switches from brewing to warming cycle. Almond color with brown accents.



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ROSE BUSHES

3 year old plants. Assorted colors in 1 gal. containers.



Lee

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LADIES LEE JEANS

Authentic Lee Rider jeans in stretch denim. Junior and misses sizes.



\$5⁹⁴

LAWN CHAIR

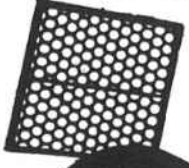
Aluminum frame with nylon webbing.



\$11⁹⁷

PLAYMATE COOLER

Holds 18, 12 oz. cans. Push-button lid release, locks for carrying.



57c

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Assorted Sizes



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DOOR MIRROR

Shatter resistant flote plate glass. 12" x 48".



\$9⁹⁹

UTILITY TABLE

Electrical socket for appliances. 3 tier table.



3 FOR 99^c

SCRIPTO LIGHTER

Disposable, adjustable butane lighter.



\$5⁹⁸

PER DOZEN

CHEWING TOBACCO

Levi Garrett leaf tobacco.



\$3³⁷

OIL OF OLAY

The beauty fluid most preferred by women. 4 ounce.



3 \$1

PANTYHOSE

Reinforced panty. 100% nylon. all sizes.



2 \$3

CHARMIN

Bathroom tissue in 6-roll pack. Squeezeably soft.

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